



MOODY AFB
"HOME OF THE FLYING TIGERS"
INTEGRATED DELIVERY SYSTEM (IDS)
NEWSLETTER &
"PEOPLE PROGRAMS CALENDAR"
Bringing *People* and *Services* Together!

Feb 13; Vol 17, No 2

View this edition at www.moody.af.mil/ and click on "*Families and Airmen*" Link

February is National Teen Dating Violence Awareness and Prevention Month

Lawanna Barron, ACSW, LCSW, Family Advocacy Outreach Manager

February brings national focus to the issue of teen dating violence, highlights the need to educate our youth about healthy relationships, raises awareness among those who care for them and provides communities with a critical opportunity to work together to prevent this devastating cycle of abuse.

According to the Centers for Disease Control, one out of every eleven teens report being hit or physically hurt by a boyfriend or girlfriend in the past twelve months. Abuse can come in many forms: verbal, emotional, and even sexual. Teens involved in abusive relationships are more likely to have other problems such as fighting, binge drinking, sexual activity, and even suicide attempts.

Abuse can also involve the internet or cell phones. In a 2010 Pew Research Center study of 800 teens age 12 to 17, twenty-six percent reported being bullied or harassed through text messages and phone calls. Fifteen percent stated they have received a sexually suggestive nude or nearly nude image of someone they know by text.

Parents find teen years challenging as they try to prepare teens for difficult situations, try to know when there is a problem, and try to provide guidance when teens need it. There *are* things that parents can do to help.

Recognize the warning signs that a teen may be at risk.

— Teens are likely in a **healthy** relationship when communication is open, especially when there are problems; they have space to spend time with other friends and family. Friends are supportive and respectful.

— Teens may be in an **abusive** relationship when their friend controls where they go; what they wear; what they do or their friend tries to stop them from talking with family or other friends. They are threatened or scared; they are pushed, slapped, or kicked, and they are forced to do things sexually they don't want to do.

— Teens that are **stressed or abused may change their routine**. They may give up activities or hobbies they previously enjoyed. They may withdraw from friends and family or spend too much time with the person they are dating.

Have a conversation with your teen about what it means to be in a healthy relationship. Be sure to include information about dating abuse. Listen carefully and be aware that only 32% of teens actually confide in their parents about their abusive relationship.

Serve as a good role model to your teen by having healthy relationships. Teens learn much more from what we do than from what we say. Show teens through your own relationships how to treat people with respect.

(Continued on page 2)

Georgia Women, Infant & Child (WIC)

Offers yummy, healthy food and more to pre-natal women; breast-feeding mothers (up to one year); infants; postpartum women (up to 6 months) and children up to age 5

Call Georgia WIC **1-800-228-9173** or visit on-line at www.wic.ga.gov

Military Life is Challenging! Do You Need Someone to Talk To?

Call the **Military Family Life Consultant** at **229-561-7915** during regular duty hours (0800-1700). If you have concerns with **child-related issues**, call the MAFB **Child Behavioral Specialist** assigned to Youth Programs/CDC/Family Child Care at **229-561-7924**. This service is **FREE** and **CONFIDENTIAL**. Leave a message requesting that he/she call you back.

Be sure that your teen is supervised. Parents should know where teens are, who they are with, what they are doing, and when they will be home. Setting up boundaries and expectations for their activities will help guide them when they are making decisions for themselves.

If a teen is in an abusive relationship, their health and safety may be at risk. They need help. If they are in immediate danger, call 911. The **Family Advocacy Program** can provide you with information and available resources by calling at 257-4805. Also, the National Teen Dating Abuse Helpline at 1-866-331-9474 is available 24 hours a day, 7 days a week. Information is available from www.cdc.gov/chooserespect, www.loveisrespect.org. We all have the right to relationships free from violence.

Understanding Teen Dating Violence

Fact Sheet

2010

Dating violence is a type of intimate partner violence. It occurs between two people in a close relationship. The nature of dating violence can be physical, emotional, or sexual.

- **Physical**—This occurs when a partner is pinched, hit, shoved, or kicked.
- **Emotional**—This means threatening a partner or harming his or her sense of self-worth. Examples include name calling, shaming, bullying, embarrassing on purpose, or keeping him/her away from friends and family.
- **Sexual**—This is forcing a partner to engage in a sex act when he or she does not or cannot consent.

Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a “normal” part of a relationship. But these behaviors can lead to more serious violence like physical assault and rape.



Why is dating violence a public health problem?

Dating violence is a serious problem in the United States. Many teens do not report it because they are afraid to tell friends and family.

- 72% of 8th and 9th graders reportedly “date”.¹
- 1 in 4 adolescents report verbal, physical, emotional, or sexual abuse from a dating partner each year.¹
- About 10% of students nationwide report being physically hurt by a boyfriend or girlfriend in the past 12 months.²



How does dating violence affect health?

Dating violence can have a negative effect on health throughout life. Teens who are victims are more likely to be depressed and do poorly in school.³ They may engage in unhealthy behaviors, like using drugs and alcohol³, and are more likely to have eating disorders.⁴ Some teens even think about or attempt suicide.⁵ Teens who are victims in high school are at higher risk for victimization during college.⁶



Who is at risk for dating violence?

Studies show that people who harm their dating partners are more depressed and are more aggressive than peers. Other factors that increase risk for harming a dating partner include:⁷

- Trauma symptoms
- Alcohol use
- Having a friend involved in dating violence
- Having problem behaviors in other areas
- Belief that dating violence is acceptable
- Exposure to harsh parenting
- Exposure to inconsistent discipline
- Lack of parental supervision, monitoring, and warmth



www.cdc.gov/violenceprevention



Understanding Teen Dating Violence



How can we prevent dating violence?

The ultimate goal is to stop dating violence before it starts. Strategies that promote healthy relationships are vital. During the preteen and teen years, young people are learning skills they need to form positive relationships with others. This is an ideal time to promote healthy relationships and prevent patterns of dating violence that can last into adulthood.

Prevention programs change the attitudes and behaviors linked with dating violence. One example is Safe Dates, a school-based program that is designed to change social norms and improve problem solving skills.



How does CDC approach prevention?

CDC uses a 4-step approach to address public health problems like dating violence.

Step 1: Define the problem

Before we can prevent dating violence, we need to know how big the problem is, where it is, and whom it affects. CDC learns about a problem by gathering and studying data. These data are critical because they help decision makers send resources where they are needed most.

Step 2: Identify risk and protective factors

It is not enough to know that dating violence is affecting a certain group of people in a certain area. We also need to know why. CDC conducts and supports research to answer this question. We can then develop programs to reduce or get rid of risk factors.

Step 3: Develop and test prevention strategies

Using information gathered in research, CDC develops and evaluates strategies to prevent violence.

Step 4: Assure widespread adoption

In this final step, CDC shares the best prevention strategies. CDC may also provide funding or technical help so communities can adopt these strategies.

For a list of CDC activities, see www.cdc.gov/violenceprevention/pub/ipv_sv_guide.html.



Where can I learn more?

Choose Respect Initiative
www.cdc.gov/chooserespect

National Domestic Violence Hotline
1-800-799-SAFE (7233)

National Sexual Assault Hotline
1-800-656-HOPE (4673)

National Sexual Violence Resource Center
www.nsvrc.org

Dating Matters: Understanding Teen Dating Violence Prevention
www.vetoviolence.org/datingmatters



References

1. Foshee VA, Linder GR, Bauman KE, et al. The Safe Dates project: theoretical basis, evaluation design, and selected baseline findings. *American Journal of Preventive Medicine* 1996;12(Suppl 2):39-47.
2. Centers for Disease Control and Prevention. Youth Risk Behavioral Surveillance—United States, 2009. *MMWR* 2010;59(No. SS-5).
3. Banyard VL & Cross C. Consequences of teen dating violence: Understanding intervening variables in ecological context. *Violence Against Women*. 2008;14(9):998-1013.
4. Ackard DM & Neumark-Sztainer D. Date violence and date rape among adolescents: Associations with disordered eating behaviors and psychological health. *Child Abuse and Neglect*. 2002;26:455-473.
5. Centers for Disease Control and Prevention. Physical Dating Violence Among High School Students—United States, 2003. *MMWR* 2006;55:532-535.
6. Smith PH, White JW, Holland LJ. A longitudinal perspective on dating violence among adolescent and college-age women. *American Journal of Public Health*. 2003;93(7):1104-9.
7. Foshee VA, & Matthew RA. (2007). Adolescent dating abuse perpetration: A review of findings, methodological limitations, and suggestions for future research. In DJ Flannery, AT Vazjoni, & ID Waldman (Eds.), *The Cambridge Handbook of Violence Behavior and Aggression* (pp. 431-449). New York: Cambridge.

For more information, please contact:

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

1-800-CDC-INFO • www.cdc.gov/violenceprevention • cdcinfo@cdc.gov

Airman's Guide for Assisting Personnel in Distress is new and available at the following link:
(<http://airforcemedicine.afms.mil/airmansguide>) Check it out!



Not All Dietary Supplements Are Safe And Effective:

True, but neither are “all” medications.

Provided by Health & Wellness Center Staff

Supplements Are Not Regulated The Same Way Drugs Are. Okay, so what regulations are in place?

In 2010, Congress enacted the Dietary Supplement Full Implementation and Enforcement Act of 2010, to ensure that the DSHEA of 1994 and other requirements for **dietary supplements** under the jurisdiction of the FDA are fully implemented and enforced.

Ingredients Not Listed on Supplement Facts Panel: This was true in past and still may be true in the near future. But it is less likely to be true in the future. It is prohibited, and respectable companies will comply with these acts to make supplements safer.

No Safety Oversight Of Supplements Before Market Entry: True, federal law does not require dietary supplements to be proven safe to FDA's satisfaction before they are marketed, but new ingredients do have oversight.

FDA Not Legally Responsible For Safety—Manufacturer Is: True, but once a dietary supplement is on the market the FDA has certain safety monitoring responsibilities.

Third Party Independent Certification Is The Safest: This is 100% true. However, there is 0% guarantee there will never be an adverse event or that all companies are taking these safety measures. Companies dedicated to consumer safety have voluntarily established all or most of their manufacturing protocols in line with the strict ‘**Pharmaceutical**’ model GMP’s (Code of Federal Regulations – 21 CFR 210 and 211).

What Do I Look For On The Label?



Resource Available Through The Human Performance Resource Center (HPRC). OPSS is a joint initiative between the HPRC and the DoD to educate service members and retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements and how to choose supplements wisely. The resources listed are from their website: <http://hprc-online.org/dietary-supplements/opss>

If you would like the HAWC Dietitian to give a briefing at your squadron's commander's call, you may reach her at 257-1435 or barbara.tucker.ctr@moody.af.mil



“Give Parents a Break” Dates

2013 Dates are 16 Mar; 20 Apr; 18 May; 22 Jun; 20 Jul; 17 Aug, 14 Sep; 20 Oct, 17 Nov, and 15 Dec

For latest on activities, visit <http://www.moodyfss.com>

Airman & Family Readiness Center
Serving personnel and families since 16 Sep 1981
(229) 257-3333/After-Hours: (229) 257-3501
Visit www.MoodyFSS.com



Want to sign up
for **Health & Wellness Center (HAWC)** classes?
Call 257-4292 or go online
<https://www.php-ids.net>


YOU can save a life! A Help Center; Help for Suicidal People, and Help for People Trying to Prevent Suicide is as close as your iPhone/iPad or Android device... **OPERATION: REACH OUT** - Free military suicide prevention mobile app is available at: <http://militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out/>

Agency Legend: Call the agency listed to sign up:

[A] = A&FRC (257-3333) [D] = Chapel (257-3211)
[B] = Family Advocacy (257-4805) [E] = Youth Programs (257-3067)
[C] = HAWC (257-4292) [F] = CDC (257-9220)

Moody Spouses Club Info—visit www.themoodyspousesclub.com

**“People Programs Calendar”
February 2013**

Monday	Tuesday	Wednesday	Thursday	Friday
Public School Holidays: Berrien = 18 Feb Presidents Day Lanier = 18-19 Feb Holiday/In-service Lowndes = 14-15/18 Feb In-service/Holiday Valdosta City = 14-15/18 Feb Holiday				
Beginning 5 Feb 13, the 23d Medical Group will have informational booths by the Pharmacy from 1100-1300 each Tues and Thurs; will showcase some of additional services that are available to beneficiaries. Please pass this on!				
4 Tater Tots Play Group meets weekly (Friday) @ 1000-1130 Call 257-4805 for info	5 0730 Right Start @ Club 1430 Prevention Anger Management @ Clinic [B] (1/4)	6 0900: FASES [B] 0900 Private Sector Resume [A]	7	1 Sat, 2 Feb 13 Babysitters Course 10am-4pm (\$45) [E] 8 0830 PREP @ SPOT [B] 1330 Breastfeeding Basics (257-5642) 1800 Membership Party [E]
STOMP Training Event 7-8 Feb 13; 257-4789 NOTE: 5-Day Transition Assistance Workshop (4-8 Feb 13) 0800-1600; Call 257-3333 [A]				
11 0900 Grp PreSep [A] 1300 How to Start Own Business Seminar [A] 1800 Federal Resume Class @ A&FRC [A]	12 Mardi Gras/Shrove Tues 0830 Great Expectations [B] 0900 Smooth Move [A] 1430 Prevent Anger (2/4) 1500 “Dads 101 @ Clinic [B] 1600 EFMP Valentine Crafts	13 Ash Wednesday/Lent [D] 1200 Autism Support [A]	14 Happy Valentine’s Day! 0900 Federal Resume [A] 1700 Black History Month Poetry @ Youth Programs	15 0830: 7 Habits Highly Effective Teens @ the Spot; must register; 257-3067/4805
Youth Programs = Spring Sports Registration: Ends 15 Feb 2013. Call 257-3067 for more details				
18  Federal Holiday	19 0730 Right Start @ Club 1300 IDS Mtg 1430 Prevent Anger (3/4) 1800 EFMP Support Grp [A]	20 1000 Mastering the Interview [A] 1130-1300 Active Parenting of Teens @ Clinic [B] 1 of 4 1300 Spouse Reintegration @ A&FRC	21 0800-1200 A&FRC Closed (SLO Office is Open) 0900 Bundles for Babies [A]	22 0900 Key Spouse Training [A] 1830 Kids & Parents Night Out [E/F]
25 0900 Grp PreSep [A] 1130 Active Parenting (2/4)	26 1300 Spouse PreDeploy [A] 1430 Prevent Anger (4/4)	27 Teen Council Mtg [E] 0900 AF 101/Heart Link Seminar [A] 1130 Active Parenting (3/4)	28 1630 Career Fair @ Youth Ctr	“Power Hour” Theme for Feb 13 = Money Matters 3:30pm daily when school is in session
Youth Programs: Open Recreation Hours: Mon-Thurs = 5-6:00 pm; Friday = 5-10pm; Saturday = Special Events Only				

Interested in Moody Runners Group?
Visit www.Facebook.com/MoodyRunners



Home schooling families are welcome to visit Youth Programs (Bldg 400); the dates are 6 and 21 Feb from 12:30-2:30pm. Look for the home school symbol (inserted) as a reminder or call 257-7296. (Dates are Subject to Change)

African American/Black History Month

OTHER WEEKEND EVENTS:

23 Feb 13 = **Give Parents a Break**; @ CDC/YP **Reservations Required**
9 Feb 13: Preteen Dinner & Movie (\$15); **Must Register** (257-3067)
9-10 Feb 13 = **476 FG UTA Weekend**
16 & 23 Feb 13 = Youth Programs **closed** on Saturday, but check out the Soccer Jamboree; call 257-3067 for details!



**MAFB School Liaison Office
“Board of Education/BoE” Dates**

Berrien County (1900/7pm): **12 Feb; 12 Mar; 9 Apr**
Lanier County (1900/7pm): **11 Feb; 11 Mar; 8 Apr**
Lowndes County (1800/6pm): **11 Feb; 11 Mar; 15 Apr**
Valdosta City (1900/7pm): **11 Feb; 11 Mar; 8 Apr**

Take time to attend; know what your district issues are and who your BoE representative is. Attend your child’s Parent Involvement Team Mtg. MCEP/SLO Guide available at **SLO/EFMP** on “Newcomers” Link on Moody AFB Homepage (www.moody.af.mil)

Ms Windy Scott

Exceptional Family Member Program-Family Support (EFMP-FS)

Coordinator provides information, referral and advocacy services to all families with a special need. Come by her office in Airman & Family Readiness Center (Bldg 400) or call her at (229) 257-4789. Events include family support groups; specialized “lunch & learn” events, and national observances.
Check out her Facebook Page!



New to Moody AFB? Take a tour; call 257-2033 to reserve a spot.


"People Programs Calendar"

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Are you *That Guy*? <http://www.thatguy.com/>

March 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Moody Spouses Club Info—visit www.themoodyspousesclub.com				
WEEKEND EVENTS: 2-3 Mar = 476 FG UTA Weekend 16 Mar = Give Parents a Break @ CDC & YC 24 Mar = Palm Sunday 30 Mar = Base Easter Egg Hunt & EFMP Easter Pot Luck/31 Mar = EASTER		 Daylight Savings Time begins on Sunday, 10 Mar 13. Don't forget to set your clocks ahead!	Become Tobacco-FREE! Check out classes or computer-based training at HAWC (257-4292) or call the GA Tobacco Quit Line at 1-877-270-7867	1 Read Across America! (CDC/SAP) Girl Power Retreat [E] Scholarship Applications Due Today to Spouses Club!
4 0900 Grp PreSeparation [A] 1130 Active Parenting (4/4) March is National Women's History Month	5 0900 Private Sector Resume @ A&FRC [A] 1300 Spouse PreDeployment Seminar @ A&FRC [A] 1430 Prevention Anger Management [B] (1/4)	6 1000 Mastering the Interview @ A&FRC [A] Youth Programs: Open Recreation Hours: Mom-Thurs = 5-6:00 pm; Friday = 5-10pm; Saturday = Special Events Only	7 0900 Federal Resume Writing @ A&FRC [A]	8 0830 PREP @ SPOT [B] 1800 Membership Night [E]
11 1130 Common Sense Parenting [B] 1/4 @ Clinic	12 0730 Right Start @ Club 0830 Great Expectations [B] @ Family Advocacy 1430 Prevention Anger Management [B] (2/4) 1500 Dads 101 @ Clinic [B]	13 0900 FASES @ Clinic [B] 1130 Common Sense Parenting [B] 2/4 @ Clinic 1200 Autism Support Grp 1630 YP Recognition [E]	14 1100-1300: Guardianship/Financial Management & Special Needs Seminar [A]	15 1200-1600 How to Avoid Falling in Love w/a Jerk (Jerkette) @ The SPOT—Sign up/call 257-4805 1830 Kids Night Out [E/F]
5-Day Transition Assistance Workshop (11-15 Mar 13) 0800-1600; Call 257-3333 [A]				
18 1130 Common Sense Parenting [B] 3/4 @ Clinic	19 0900 Private Sector [A] 1300 IDS Agency Mtg 1300: Spouse Reintegration [A] 1430 Prevention Anger Management [B] (3/4)	20 0900 Smooth Move [A] 1130 Common Sense Parenting @ Clinic "Spring Break" 1-5 Apr 13. Preparation for annual CRTs will begin when students return to school.	21 A&FRC Closed (Training); SLO Office is Open!	22 Reminder: Informational booths are located in the Pharmacy area on Tues & Thurs: 1100-1300. Come see what additional services are available to you as beneficiaries
25 Passover Begins Sundown 	26 0730 Right Start @ Club 0900 Grp PreSeparation [A] 1430 Prevention Anger Management [B] (4/4) 1800: EFMP Support Group [A]	27 1100 Private Sector Resume [A]	28 "Holy Thursday" 1300 First Duty Station Officer Financial Seminar [A]	29 "Good Friday" 0930 Treasure Hunt @ CDC 1800 Bunny Dash @ YP
REINDER: "Requests for Excused Absence" Letters WILL NOT BE approved if dates fall on school CRCT or EOCT (@ HIGH SCHOOL) testing dates! Check with your child's teacher or principal about testing dates.				

Single Parent Support Group Meeting, Monthly @ 1500 on 2nd Monday at the A&FRC

Moody AFB Chapel Corner
 0900 Contemporary Protestant
 1030 Catholic Sunday Mass
 1215 Gospel Service

MAFB Catholic Community Info:
<http://www.moodycatholic.com/>

MAFB Protestant Community Info:
<http://www.facebook.com/Moody.AirForceBase.Chapel/>
 229-3211 or 257-3501 for Emergencies



For top quality services; safety; challenging activities and a staff that cares, check out the **Moody AFB Youth Programs (257-3067)**. Check out their monthly calendars and Facebook page for the latest events. You'll find them in Bldg 400 for now while the Youth Center (Bldg 1804) is being renovated.

SAFETY TIPS: Keep you and your family safe by frequently checking **Consumer Product Safety Commission** website (www.cpsc.gov/) and the **US Food and Drug Administration** webpage (www.fda.gov/consumer/default.htm)

All types of Sexual Assault violate Air Force Standards

DoD Safe Helpline:

Call: **1-877-895-5247**

or click

www.SafeHelpline.org/

or

Text *55-247 (CONUS)

MAFB Sexual Assault Response Program
 (229) 257-7272 or
 (229) **560-5085**

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Tater Tots Play Group meets weekly (Fridays)
@ 1000-1130. Please call 257-4805 for info

Monday	Tuesday	Wednesday	Thursday	Friday
"People Programs Calendar" April 2013				
<p>1 Passport to Manhood meets every other Wed @ 1700/call 257-7296 [E]</p> <p>8</p>	<p>2 0900 Grp PreSeparation A)</p> <div style="border: 1px solid blue; padding: 5px; margin: 5px;"> <p>"Dads 101" 2nd Tues monthly/1500 @ Clinic (B) 257-4805</p> </div> <p>9 0730 Right Start @ Club 0830 Great Expectations [B] 1430 Prevention Anger Management [B] (1/4)</p>	<p>3 0900 FASES @ Clinic [B]</p> <div style="border: 1px solid black; padding: 10px; margin: 10px; text-align: center;"> <p>April is</p> <p><i>Month of the Military Child</i> <i>Autism Awareness Month</i> <i>Child Abuse Prevention Month</i> <i>Sexual Assault Awareness Month</i> <i>Volunteer Appreciation Month</i></p> <p>with lots more to come!</p> </div> <p>10</p>	<p>4</p>	<p>5</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px;"> <p style="color: blue;">How about Being Tobacco-free for Spring</p> <p>Make this the year to quit. Check out classes or computer-based training at HAWC (257-4292) or call the GA Tobacco Quit Line at 1-877-270-7867</p> </div> <p>12</p>
<p>5-Day Transition Assistance Workshop (8-12 April 2013) 0800-1600; Call 257-3333 [A]</p>				
<p>15 1130 Active Parenting Teens [B] (1/4)</p> <p><i>Torch & Keystone Clubs meet on @ Youth Programs on Tuesdays [E]</i></p> <p>22 1130 Active Parenting Teens [B] (3/4)</p>	<p>16 1430 Prevention Anger Management [B] (2/4)</p> <p>23 0730 Right Start @ Club 0900 Grp PreSeparation A) 1430 Prevention Anger Management [B] (3/4) 1800 EFMP Support Group</p>	<p>17 0900 Federal Resume Writing @ AGFRC [A] 1130 Active Parenting Teens [B] (2/4)</p> <p>24 0900 Smooth Move [A] 1130 Active Parenting Teens [B] (4/4)</p>	<p>18 AGFRC Training Day/Closed; SLD office is OPEN 0900 Bundles for Babies [A]</p> <p>25 0900 Private Sector Resume @ AGFRC [A]</p>	<p>19 0830 PREP @ SPOT [B]</p> <div style="border: 1px solid green; padding: 5px; margin: 10px;"> <p>Reminder: Informational booths are located in the Pharmacy area on Tues & Thurs: 1100-1300. Come see what additional services are available to you as beneficiaries</p> </div> <p>26</p>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #fff9c4;"> <p>Moody Spouses Club Info—visit www.themoodyspousesclub.com/</p> </div> <div style="text-align: center;"> </div> </div>				
<p>29 1000 PREP Sessions (1/6) continues thru 13 May [B]</p>	<p>30 1430 Prevention Anger Management [B] (4/4)</p>	<div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p> Home schooling families are welcome to visit Youth Programs (Bldg 400) on two days per month. Look for the home school symbol (inserted) as a reminder or call 257-7296.</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 5px; background-color: #e0f0ff;"> <p>Youth Programs: Open Recreation Hours: Mon-Thurs = 5-6:00 pm; Friday = 5-10pm; Saturday = Special Events Only</p> </div>		
<div style="border: 1px solid black; padding: 5px; background-color: #fff9c4;"> <p>WEEKEND EVENTS: 13-14 Apr: 476 FG UTA Weekend 20 Apr: Give Parents a Break @ CDC & YC; reservations required</p> </div>				

What is an Integrated Delivery System (IDS) The Moody IDS is a cross-functional team of military helping agencies working together to enhance the resiliency and quality of life for this community. Our goal is to provide quality prevention programs and services by working together for the common good of the mission. Our motto—our goal—is to ***Bring People and Services Together***

Chapel: 257-3211; after duty hours call 257-3501

Drug Demand Reduction: 257-5900

Health and Wellness Center/HAWC: 257-4292

Equal Opportunity Program: 257-6798

Sexual Assault Response Program: 257-7272 or **560-5085**

PLUS: First Sergeant Representative; Moody Spouses Club; MAFB Teen Council; 476 FG (USAFR)

Behavioral Health Flight: Mental Health/ADAPT = 257-3898;
Family Advocacy = 257-4805; First Time Parent Program = 257-4490

Airman & Family Services Flight:

Airman & Family Readiness Center = 257-3333

Child Development Center = 257-3935/257-9220

Exceptional Family Member Program-FS=257-

4789; Military Family Life Consultant = 229 561-

7915; Family Child Care Program/257-3907;

School Liaison Officer/257-4380

Youth Programs/257-3067

Child & Youth Behavior Specialist = 229 561-7924

